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TITLE : FOOD FOR MICROWAVE OVEN AND ITS PRODUCTION

ABSTRACT : PURPOSE: To obtain a food having emulsified fats and oils, a reduced sugar and an amino acid on the surface, and capable of being cooked into the cooked product having a preferable aroma and a good roasted color with a microwave oven, and enabling to largely shorten a cooking time.

CONSTITUTION: This food has (A) emulsified fats and oils (e.g. mayonnaise, margarine), (B) a reduced sugar (preferably xylose) and/or (C) an amino acid (preferably glycine) on the surface. The component A is preferably used in an amount of 5-20 weight times that of the component B or C. When the components A, B and C are used, the component B is preferably used in an amount of 0.5-3 weight times that of the component C. The food is usually preferably obtained by adding the component A to the aqueous solution of the component B and/or the component C, and subsequently imparting the prepared paste to the surface of a food such as sweet potato, doria, pizza or roasted rice ball by a method such as a spraying method, a coating method or a covering method.

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